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# **OMRON Electronic Nerve Stimulator (Sport TENS) HV-F030 User Manual**

Model: HV-F030 | Brand: Omron

## **1. INTRODUCTION**

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The OMRON HV-F030 Electronic Nerve Stimulator is a Transcutaneous Electrical Nerve Stimulation (TENS) device designed to provide drug-free relief for muscle fatigue and joint pain. It utilizes advanced TENS technology to support muscle recovery and enhance physical performance, making it suitable for active individuals and sports enthusiasts. This manual provides essential instructions for the safe and effective use of your HV-F030 device. The device features five clinically designed treatment modes: three for muscle recovery (Knead, Rub, Tap) and two for pain care. It includes custom-designed pads for various body areas and offers 15 adjustable intensity levels for personalized therapy sessions, each lasting 15 minutes.

## OPTIMAL USAGE OF HV-F030



Post-Exercise



Sports Recovery

**Figure 1.1:** Benefits of TENS Pain Relief. This image illustrates the core advantages of TENS therapy, highlighting its drug-free, non-invasive nature, on-demand applicability, and targeted, personalized approach to pain relief.

## 2. IMPORTANT SAFETY INFORMATION

Before using the OMRON HV-F030, please read all instructions and safety warnings carefully. Failure to do so may result in injury or device malfunction. This device is intended for personal use and should not replace professional medical advice.

- **Consult a Physician:** Always consult your doctor before using this device, especially if you have pre-existing medical conditions, are pregnant, have a pacemaker, or any electronic medical implant.
- **Do Not Use On:** Open wounds, rashes, swollen, red, infected, or inflamed skin areas. Do not use near the heart, on the head, face, throat, or over cancerous lesions.
- **Keep Out of Reach of Children:** This device contains small parts and should be kept away from children.
- **Avoid Water:** Do not use the device in or near water.
- **Discontinue Use:** If you experience any discomfort, pain, or adverse reactions, stop using the device immediately and consult your physician.
- **Battery Safety:** Use only specified AAA alkaline batteries. Do not mix old and new batteries or different types of batteries. Dispose of batteries according to local regulations.

### 3. PRODUCT COMPONENTS AND SETUP

#### 3.1 Package Contents

Your OMRON HV-F030 package typically includes:

- OMRON HV-F030 Control Unit
- 1 Large Muscle Pad
- 2 Joint Pads
- Electrode Cords
- Pad Holder
- 2 AAA Alkaline Batteries (for initial use)
- Instruction Manual (this document)



**Figure 3.1:** OMRON HV-F030 Device and Pads. This image displays the main components of the HV-F030 system, including the compact control unit, a large pad designed for major muscle groups, and two smaller pads suitable for joint areas.

#### 3.2 Battery Installation

1. Open the battery compartment cover on the back of the control unit.

2. Insert two AAA alkaline batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

### 3.3 Attaching Pads and Cords

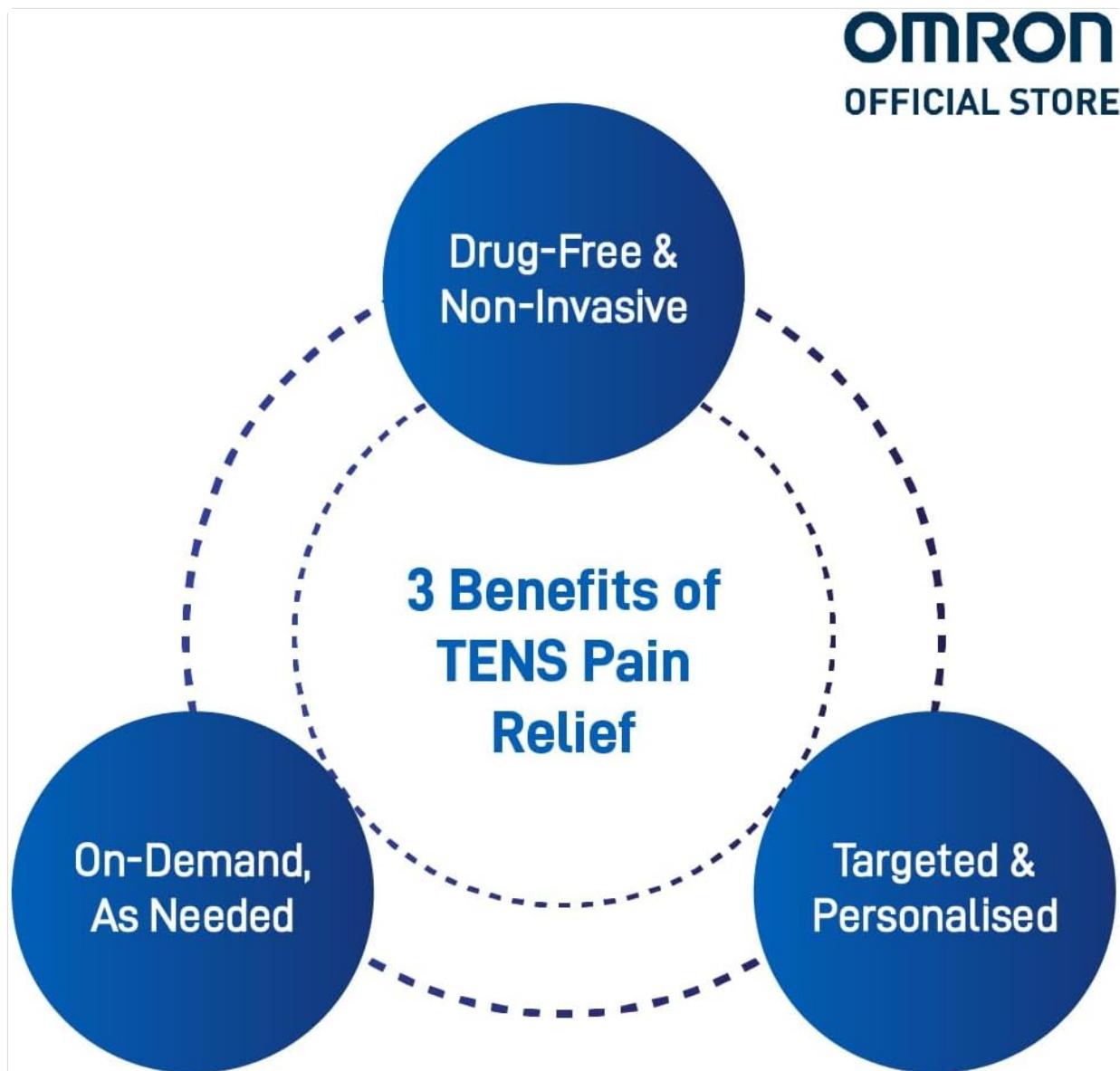
1. Connect the electrode cords to the pads by snapping them onto the metal studs.
2. Plug the other end of the electrode cords into the jack on the top of the control unit.

### 3.4 Applying Pads to the Body

Ensure your skin is clean, dry, and free of lotions or oils before applying the pads. Place the pads firmly on the desired treatment area. The pads are self-adhesive and reusable.

## 4. OPERATING INSTRUCTIONS

Familiarize yourself with the control unit's buttons and display before operation.



**Figure 4.1:** HV-F030 Control Unit Overview. This image highlights the key operational elements of the device, including the digital display showing intensity and time, the MODE button for selecting treatment types, the Intensity buttons for adjusting stimulation strength, and the ON/OFF POWER button.

### 4.1 Powering On/Off

- To turn on: Press the **ON/OFF POWER** button once. The display will light up.

- To turn off: Press the **ON/OFF POWER** button again. The device will automatically turn off after 15 minutes of continuous use.

## 4.2 Mode Selection

The HV-F030 offers 5 treatment modes:

- **Recovery Modes (3):** Knead, Rub, Tap. These modes are designed to help recover from muscle fatigue.
- **Pain Care Modes (2):** These modes can be used on areas of the body that hurt to relieve pain.

Press the **MODE** button repeatedly to cycle through the available treatment modes. The selected mode will be indicated on the display.



**Figure 4.2:** Customized Therapy Modes and Application Areas. This graphic illustrates the two main categories of therapy modes (Recovery and Pain Care) and visually suggests various body parts where the device can be applied for targeted treatment.

## 4.3 Intensity Adjustment

The device has 15 adjustable intensity levels. Use the **Intensity UP (▲)** and **Intensity DOWN (▼)** buttons to increase or decrease the stimulation strength. Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, sensation.

## 4.4 Treatment Duration

Each treatment session is preset to 15 minutes. The remaining time will be displayed on the screen. The device will automatically shut off once the session is complete.

#### 4.5 Optimal Usage

The HV-F030 is recommended for active lifestyles and sports recovery, including post-exercise muscle fatigue and general sports-related pain relief.



**Figure 4.3:** Optimal Usage Scenarios for HV-F030. This image illustrates two primary applications for the device: aiding recovery after exercise and providing relief for sports-related discomfort.



**HV-F030**  
Recovery & Pain Relief Device  
for Active Lifestyles



**Figure 4.4:** Device in Use. This image shows an individual utilizing the HV-F030 device, with the pads correctly positioned on the arm for targeted stimulation, illustrating a common application for muscle recovery.

## 5. MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your OMRON HV-F030 device and pads.



**Figure 5.1:** Muscle & Joint Pads Maintenance. This diagram provides clear visual instructions for maintaining the adhesive pads, including disconnecting them from the cords, cleaning them gently, and air-drying them on the provided holder.

## 5.1 Pad Care

- Disconnect:** Always disconnect the pads from the electrode cords when the adhesive becomes weak or after each use.
- Cleanse/Wipe:** Gently wipe the adhesive surface of the pads with a non-paper based cloth moistened with water. Do not use harsh chemicals or abrasive cleaners.
- Dry:** After cleaning, place the pads onto the provided pad holder to ensure complete air-drying before the next use. This helps maintain their adhesive quality.
- Storage:** Store the pads on the pad holder in a cool, dry place, away from direct sunlight.

## 5.2 Device Cleaning

Wipe the control unit with a soft, dry cloth. Do not immerse the device in water or use liquid cleaners.

## 6. TROUBLESHOOTING

If you encounter any issues with your OMRON HV-F030, refer to the following common troubleshooting steps:

- **Device does not turn on:**

- Check if the batteries are inserted correctly with the correct polarity.
- Replace old batteries with new AAA alkaline batteries.

- **No sensation or weak sensation:**

- Ensure the electrode cords are securely connected to both the pads and the control unit.
- Make sure the pads are firmly applied to clean, dry skin.
- Increase the intensity level gradually using the Intensity UP button.
- The pads may have lost their adhesive quality. Clean them or replace them if necessary.

- **Pads do not stick well:**

- Clean the adhesive surface of the pads as described in the Maintenance section.
- Ensure your skin is clean and dry before application.
- If pads are old or heavily used, they may need replacement.

- **Irritation or redness on skin:**

- Discontinue use immediately.
- Ensure pads are not applied to irritated or broken skin.
- Consult a physician if symptoms persist.

If the problem persists after following these steps, please contact Omron customer support.

## 7. SPECIFICATIONS

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Feature	Description
Brand	Omron
Model Number	HV-F030
Product Dimensions	14.5L x 11.3W x 3.4H centimetres
Item Weight	0.5 Kilograms
Power Source	Battery Powered (2 x AAA Alkaline Batteries)
Treatment Modes	5 (3 Recovery: Knead, Rub, Tap; 2 Pain Care)
Intensity Levels	15 adjustable levels
Treatment Time	15 minutes (preset)
Special Features	Advanced TENS Technology with Multiple Massage Modes
Specific Uses	Muscle recovery, general pain relief

## 8. WARRANTY AND SUPPORT

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For warranty information, please refer to the warranty card included with your product or visit the official Omron website. Keep your purchase receipt as proof of purchase.

For technical support, troubleshooting assistance beyond this manual, or to inquire about replacement parts (such as pads or cords), please contact Omron customer service through their official channels. Contact details can typically be found on the Omron website or in the product packaging.

